

# MCB Quantico Crossroads Inn Mainside Run #4

100 0 100 200 300 400 500 Meters

- \* Starting Point
- \* Running Coarse
- \* If Barnett Ave. Beginning
- \* If Russell Rd. Beginning
- \* Distance Points

Use Route #1 instead of  
Purvis Rd., ADD 1.25 Miles

- Roads
- Buildings
- Parking Lots

Composed & Produced by MCB Quantico  
Fac. Div. - NREAB/NEPA- GIS - August 2000  
UTM Coordinate System - WGS 84  
703-784-5811 x 228 or 230

## Running Rules:

- \* Jog facing traffic on the left shoulder at least three feet off of the traveled roadway.
- \* Never run more than two abreast.
- \* Marine Corps Base installations prohibit the wearing of portable headphones, earphones or other listening devices while running/jogging.
- \* Runners are encouraged to wear light colored clothing.
- \* Between 30 minutes prior to sunset and 30 minutes prior to sunrise, all persons will wear either clothing or a vest that contains reflective material visable from the front and rear at a distance of at least 300 feet under clear weather conditions when illuminated by automobile headlights.

